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How to Avoid Colds

Keeping your home hazard-free

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Avoiding Colds

There are no known cures for a cold once you get one, so the goal is to keep from getting one in the first place. Cold germs can live for hours or even for weeks, in some conditions, waiting to be picked up by the next person who touches a shared object.

- ✓ **Most cold and flu viruses are spread by direct contact.**
- ✓ **Wash your hands a lot, and teach your children the habit, too.**
- ✓ **Wash your children's toys once a week.**
- ✓ **Clean doorknobs, light switches, telephones and counter tops.**
- ✓ **Use paper towels in the kitchen, not cloth ones.**



**For more safety resources, visit
safetycenter.navy.mil**

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Avoiding Colds

- ✓ Use tissues when you sneeze, cough or blow your nose, then throw them away and wash your hands.
- ✓ Keep your hands away from your eyes, nose and mouth, which is where most cold viruses enter your body.
- ✓ Don't share drinking glasses or utensils with other family members.
- ✓ Use your own glass or disposable cups when you or someone else is sick.
- ✓ Look for a child-care center with sound hygiene practices and clear policies about keeping sick children at home. The more children in the center, the more colds your child will be exposed to.

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Avoiding Colds

- ✓ **Eat plenty of dark green, red, and yellow vegetables and fruits.**
- ✓ **If the weather is fine, open your windows to get some fresh air, especially in cold weather.**
- ✓ **Don't smoke, and don't let anyone smoke in your house. Heavy smokers get more severe colds and they get colds more frequently.**
- ✓ **If you can teach yourself to relax, your immune system will be able to respond more effectively.**



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